

Karuna Training Basic Cycle Information and Schedule*

Albuquerque, New Mexico, USA, 2017-2019

PHASES 1-3: December 2017 - November 2019. The training includes eleven seminars eight of which are weekends and three week-long retreats. The seminars are scheduled roughly every other month.

FACULTY: Melissa Moore, Susan Chapman, Sandra Ladley, Miriam Hall, Margot Geist

AUDIENCE: Everyone

309 TOTAL TRAINING HOURS: Phase 1 Personal Process: 122 hours; Phase 2 Compassionate Exchange: 96 hours; Phase 3 Engaged Compassion: 91 hours.

CEUs: Karuna Training is in the process of becoming a licensed Continuing Education (CEU) Provider through the CAMFT (California Association of Marriage and Family Therapists.) Most states accept California CEU credits.

COST: The full cost for the two-year Karuna Training program is \$6750. If paid in advance there is a discount of \$800 making the total cost \$5950. The program can also be paid for in monthly installments at 282.00 a month for 24 months. Or you can pay for the training in phases. The cost for phase 1 is \$2750. The cost for phase 2 is \$2100. The cost for phase 3 is \$1900. There will be additional costs for food and lodging at the two residential retreats; Seminars 4 and 8, estimates for these costs are available upon request.

TUITION ASSISTANCE: Tuition assistance is available upon request and need. We aspire to make it possible for anyone who has a strong desire to do the Training, please contact Sandra Ladley at sandraladley@yahoo.com

COHORT CAPACITY AND ATTENDANCE: Karuna Training occurs in an ongoing cohort and the class size is limited to 28 students. Students may not enter the cohort after Seminar 2. We expect you to commit to attending all the seminars, and request that you not miss more than two seminars to receive certification.

APPLICATION AND REGISTRATION: You must apply for Karuna Training and be individually interviewed before being accepted into the program. The simple application process is described on our web site at <http://www.karunatraining.com> We will begin accepting applications for the Albuquerque cycle on June 30. If you have questions, please go to the website or contact Sandra Ladley at sandraladley@yahoo.com

Phase 1: Personal Process

Training	Days	Location	Teachers	Dates	Times
Seminar 1 <i>Confidence in Basic Sanity</i>	4 Day Weekend 1 evening + 3 days 26 hours	ABQ Shambhala Meditation Center	Melissa Moore	December 7 - 10, 2017	Thursday 6:30 PM to 9:00 PM Friday 10:00 AM to 6:00 PM Saturday 10:00 AM to 9:00 PM Sunday 10:00 AM to 4:00 PM
Seminar 2 <i>Ego from the Perspective of Contemplative Psychology</i>	Weekend 18 hours	ABQ Shambhala Meditation Center	Susan Chapman	March 23 - 25, 2018	Friday 7:00 PM to 9:00 PM Saturday 10:00 AM to 9:00 PM Sunday 10:00 AM to 4:00 PM
Seminar 3 <i>Working with Emotions</i>	Weekend 18 hours	ABQ Shambhala Meditation Center	Sandra Ladley	June 1 - 3, 2018	Friday 7:00 PM to 9:00 PM Saturday 10:00 AM to 9:00 PM Sunday 10:00 AM to 4:00 PM
Seminar 4 <i>Exploration of Energy in Contemplative Psychology</i>	Deepening Week Residential Retreat 7 days & 6 nights 48 hours	Ghost Ranch	Melissa Moore	August 12 – 18, 2018	Sunday arrival 3:00 PM to 6:00 PM Saturday departure after lunch
12 hours of Continuity Groups (arranged regionally)	12 hours				
Total Training Hours Phase 1	122 hours				

Phase 2: Methods in Working Skillfully with Others

Training	Days	Location	Teachers	Dates	Times
Seminar 5 <i>Development of Compassionate Presence</i>	Weekend 18 hours	ABQ Shambhala Meditation Center	Sandra Ladley	November 2-4, 2018	Friday 7:00 PM to 9:00 PM Saturday 10:00 AM to 9:00 PM Sunday 10:00 AM to 4:00 PM
Seminar 6 <i>Exploration of Energy in Communication</i>	Deepening Week Non-Residential Retreat 7 days and 6 nights 48 hours	ABQ Shambhala Meditation Center	Melissa Moore	January 26 - Feb 1, 2019	Friday arrival 3:00 PM to 6:00 PM Thursday departure after lunch
Seminar 7 <i>Compassionate Presence 2</i>	Weekend 18 hours	ABQ Shambhala Meditation Center	Melissa Moore	March 15 - 17, 2019	Friday 7:00 PM to 9:00 PM Saturday 10:00 AM to 9:00 PM Sunday 10:00 AM to 4:00 PM
12 hours of Continuity Groups (arranged regionally)	12 hours				
Total Training Hours Phase 2	96 hours				

Phase 3: Compassionate Exchange

Training	Days	Location	Teachers	Dates	Times
Seminar 8 <i>Project with Supervision</i>	One Day 8 hours	ABQ Center	Sandra Ladley Miriam Hall Margot Geist	May 18 2019	Saturday 10:00AM to 6:00 PM
Seminar 9 <i>Exploration of Energy in Working with Others</i>	Deepening Week* Residential Retreat 7 days, 6 nights, 48 hours	Ghost Ranch	Sandra Ladley	August 10 – 16, 2019	Saturday arrival 3:00 PM to 6:00 PM Friday departure after lunch
Seminar 10 <i>Karuna Project Practicum</i>	5 hours		Working with someone as a compassionate friend	On Own Time	
Individual Supervision	4 hours				
Seminar 11 <i>Graduation & Certification</i>	4 Day Weekend 1 evening and 3 days, 26 hours	ABQ Center	All Faculty	November 7 - 10, 2019	Thursday 7:00 PM to 9:00 PM Friday 9:00 AM to 6:00 PM Saturday 10:00 AM to 9:00 PM Sunday 10:00 AM to 4:00 PM
Total Training Hours Phase 3	91 Hours				
Total Training Hours	309 Hours				